



WORKING WELLNESS

Good Health is Good Business

DECEMBER
2013

is...



Safe Toys and
Gifts Month

National Hand
washing
Awareness
Week

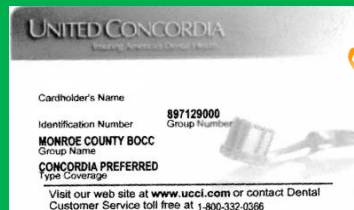
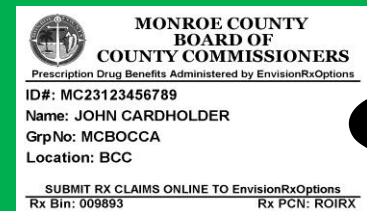


With

World Aids Day

Open Enrollment Changes

Everyone who made changes during Open Enrollment will receive their new cards in the beginning of the New Year. Please let our office know if you do not receive them, so we can order them for you. Here are the examples of what your cards will look like:



VSP does not mail out cards, but you can always register as a member on their website and print out a card. However, a card is not needed. You just tell the provider you have VSP through Monroe County and they can look you up.

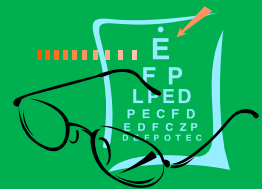


SPOTLIGHT OF THE MONTH: VSP

Starting January 1, 2014 **Sears Optical** will now be in network with VSP!!!

- This contract is only in Monroe County*

3202 N Roosevelt Blvd.
Key West, FL 33040
Ph. # 305-292-4212



For more
information on these
observances or
future observances,
go to U.S.
Department of
Health and Human
Services at
<http://healthfinder.gov/NHO/nho.aspx>

SPOTLIGHT OF THE MONTH:

Ways to cut down on sugar during the Holidays

- Reach for cookies that have oats, nuts and fruits.
- Avoid anything smeared with frosting or coated with sugary sprinkles.
- You can use ¼ less of granulated sugar in any drop cookie recipe without being able to tell the difference or use dried fruit to compensate.
- You can replace up to half of the butter, shortening, and margarine that is needed in the recipe for other healthier options like fruit purees, vegetable purees and oils.
- Change flour for fiber, exchange white flour with wheat flour and for even more fiber throw in a couple tablespoons of ground flaxseed.
- Also, you can cut the salt in half, Use fewer chocolate chips, use fewer nuts, add spices and mixed in dried fruit.

Sound delicious right? Check out the whole article with the link below:

<http://www.webmd.com/food-recipes/features/healthier-holiday-cookie-recipes>

Also, take the sugar quiz to see if your consuming too much sugar:

<http://www.webmd.com/diet/rm-quiz-sugars-sweeteners>



SPOTLIGHT OF THE MONTH: EAP Webinars

If you are interested in any of these upcoming Webinars or have any questions; please see contact information below.



JANUARY 15 @ 3pm- Understanding Learning Styles

JANUARY 23 @ 3pm- Supporting a loved one through the job search process

JANUARY 29 @ 3pm- Pennywise: Everyday Budgeting and saving



Available 24/7 @ **1-800-272-7252**

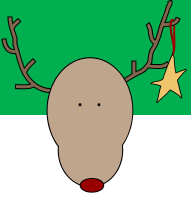
Or

Register at: www.mylifevalues.com

Login: MCBOCC Password: MCBOCC



CONSUMER CORNER



True story from one of our plan members

He was feeling really sick but wasn't coughing or congested just had a little fever.

When he didn't get better in a couple of days, he went to the doctor.

The doctor said he probably had pneumonia but he would need to order a chest x-ray to be sure.

Because the employee remembered what he had been told in the New Employee Orientation meeting about shopping around; he called the Lower Keys Medical Center and the Key West Diagnostic Center (now called Edwards Diagnostic Center) and Fisherman's hospital in Marathon (he lives in Big Pine). so he would know how much the chest x-ray would cost.

At Lower Keys Medical Center, the x-ray would cost him \$350.00 out of pocket (he already met his deductible).

At Edwards Diagnostic Center), the x-ray would cost him \$9.62 !

At Fishermen's hospital in Marathon, the x-ray would cost him \$70.00 !

He saved at least \$60.00 and maybe as much as \$340.00 just by making a few phone calls.

He is feeling much better now and wanted to share his story with everyone.

Do you have a story about saving medical expenses that you want to share?

If so, give us a call at 292-4450 or

send an email to Mercado-meride@monroecounty-fl.gov.

because everyone likes to save money!



COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.



Out of gift ideas?

For the car / boat:

- First Aid Kit
- Flashlight
- Small Fire Extinguisher
- Jumper cables
- Slim life jackets

For the home:

- First Aid Kit
- Emergency lights
- New smoke detectors
- Carbon monoxide detectors
- Outlet covers
- Bicycle helmets
- Bathroom handrails or hand holds
- Fire extinguishers for the kitchen & garage

For the yard or shop:

- Safety glasses/goggles
- Safety sunglasses
- Safety footwear
- Ear plugs or earmuffs
- A variety of gloves
- GFCI cord
- New extension cords



Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.



A word from the Safety Officer

Keep The Home Fires From Burning

If you burn candles for decorative or celebratory purposes, make your home and holiday safe by:

- Using candles with flame protective non-combustible shades or globes.
- Using a sturdy metal, glass or ceramic candle holder.
- Extinguishing candles before leaving the room.
- Extinguishing candles when they burn within two inches of the holder



- Placing candles at least 4 feet away from curtains, draperies, decorations, blinds and bedding.
- Placing candles out of reach of small children and pets.
- Avoiding the use of candles with embedded combustible items
- Refraining from using decorative/floral candle rings.
- Never leaving burning candles unattended.



Sources are referenced and available upon request. It is not our intention to diagnose or treat illness. For personal health problems or major changes in diet or exercise, please consult your physician. If you have any questions or concerns, please contact the Benefits Office at 305-292-4446 or extension 4446. Website links shown may be disabled.